

Minnesota Food and Nutrition Security State Profile

Overview

According to the [U.S. Department of Agriculture's Economic Research Service \(USDA ERS\)](#), 7% of households in Minnesota (MN) experienced food insecurity between 2018-2020. The prevalence of obesity among adults living in Minnesota was 30.7% in 2020 as reported by the [Behavioral Risk Factor Surveillance System \(BRFSS\)](#).

Demographic Overview

[2019 U.S. Census](#) data reports Minnesota has an estimated population of 5.63 million. They identify as White (83.8%), Black (7%), American Indian and Alaska Native (1.4%), Asian (5.2%), Native Hawaiian and Other Pacific Islander (0.1%) only. According to the 2019 Census report, 5.6% identify as Hispanic or Latino. 9% of Minnesota residents experienced poverty in 2019.

Building Resilient Inclusive Communities (BRIC) - MN BRIC Communities

The following counties will be prioritized by the MN BRIC project: Aitkin County and White Earth Nation.

Food Banks, Pantries and Feeding Programs

There are six food banks that serve Minnesota. They all operate the Farm to Food Shelf program, which re-directs produce that would otherwise go unharvested by Minnesota growers into the emergency hunger relief system.

- [Second Harvest Heartland](#)
 - Operates the Summer Food Service Program, Commodity Supplemental Food Program, and SNAP outreach.
 - Partners with health clinics to operate FOOD Rx programs.
 - View a list of [partner agencies](#).
- [Second Harvest Northern Lakes Food Bank](#)
 - Operates a backpack program, a mobile pantry program, and a senior food box program.
 - View a list of [partner agencies](#).
- [North Country Food Bank, Inc](#)
 - Serves White Earth Nation.
 - Operates backpack programs, TEFAP, and the Summer Food Service Program.
 - View a list of [partner agencies](#).
- [Second Harvest North Central Food Bank](#)
 - Serves Aitkin County.
 - Operates a senior food box program, backpack programs, school pantries, and conducts SNAP outreach.
 - View a list of [partner agencies](#).

- [Channel One Regional Food Bank](#)
 - Provides grocery delivery, TEFAP, SNAP outreach, mobile pantries, a senior food box program, and a backpack program.
 - View a list of [partner agencies](#).
- [Great Plains Food Bank](#)
 - Operates summer meal programs, backpack programs, school pantries, a mobile food pantry, CSFP, and SNAP outreach.
 - View a list of [partner agencies](#).
- [The Food Group](#)
 - Provides TEFAP, nutrition education, mobile pantries, Fare for All, and farmer education.
 - Partners with 170 food shelves and meal programs.

Select Food and Nutrition Security Programs

Healthy Food Incentive Programs

- [Market Bucks](#) led by [Hunger Solutions](#)

Community Nutrition Education Programs

- Expanded Food and Nutrition Education Program (EFNEP)
 - Operated by the [University of Minnesota](#).
- Supplemental Nutrition Assistance Program Education (SNAP-ED)
 - The Minnesota Department of Human Services is the state agency responsible for MN SNAP-Ed. SNAP-Ed implementing agencies include:
 - Bois Forte Band of Chippewa
 - Fond du Lac Band of Lake Superior Band of Chippewa
 - Grand Portage Chippewa
 - Leech Lake Band of Ojibwe
 - Mille Lacs Band of Ojibwe
 - Red Lake Nation
 - University of Minnesota Extension
 - White Earth Nation
 - View more [information](#).

COVID Response

- Pandemic EBT (P-EBT) Program resources are available at the [MN Department of Human Services](#).

Food (Policy) Coalitions and Councils

- View the [Minnesota Food Policy Council Directory](#).

Other Collaborators to Consider

- [Aitkin County Local Food Hub](#) aims to address equitable nutrition security for Aitkin County.
- [Greater Minneapolis Council of Churches](#) aims to address the root causes of inequities to create sustainable, rather than temporary solutions.
- [Hunger Solutions Minnesota](#) works to alleviate hunger in Minnesota.
- [Minnesota SuperShelf](#) aims to transform food shelves to provide welcoming and respectful environments to access healthy food.
- [Minnesota FoodShare](#) addresses food insecurity and poverty by engaging communities throughout the state.

Data Sources and Resources

- [MN Profile of Hunger, Poverty, and Federal Nutrition Programs](#) - Food Research and Action Center
- [Seeds of Native Health](#) - A Campaign for Indigenous Nutrition

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